

At 60, Norman RN still running

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Senior Hunger Still a Problem

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Stan the Newsman News9's Miller stays young at heart



Stan Miller, 60, (right) is still going strong with his News9 morning show co-hosts (left to right) Jed Castles, Bobbie Miller and Lacey Swope.

story and photo by Mike Lee, Staff Writer

Stan Miller drove through the McDonald's drive-thru a few months back near Bristow to order a coffee for himself and his wife.

"That will be 88 cents," the young lady politely informed him.

"No, that's not right," Miller said. "It should be more."

"Well, sir," the young lady explained. "You do get your senior discount."

"No, I'll pay full price," Miller said, handing the cashier \$2 and driving on down the road.

Quite simply, Miller refuses to age. And while the years may be adding up the affable Miller still looks, sounds and feels like a much younger man.

"I can't believe I'm 60," says Miller, who can be seen each weekday morning co-hosting News9 This Morning with the much younger Bobbie Miller. "I still feel and I'm as fit as I was at 40. Unless someone brings it up it just doesn't register with me."

See MILLER Page 3

Spotlight on Community Senior Care Referral Services brings answers

Rick and Denise Guttenberger help families who are faced with finding senior care options, navigate to find those options.



PAGE 6

INSPIRATION Kidnapped Victim Marks 40 Year Anniversary



Don Lowrey stands next to the telescope at Lake Hefner; remembering the past and looking to the future.

Story and photo by Vickie Jenkins

Have you ever prayed for something, not sure if your prayer would be answered? That is what Don Lowrey did 40 years ago. Little did he know that his prayer in 1975 would be a lifetime blessing.

The weather was in the low 20's on the morning of February 12, 1975 in Oklahoma City. Working as an electrical apprentice, Lowrey had just gotten to work. Still in the parking lot, his attention turned to a man tapping on his car window, asking for help with a flat tire.

Moments later, Lowrey was hit over the head and put in the trunk of his car by three men. Driven to a wooded area, a gun was put to Lowrey's head. The gun malfunctioned and didn't fire. Lowrey was then hit over the head and knocked out.

Driven to another site, Lowrey was dumped out of the car. The three men hit Lowrey with pieces of concrete blocks to his face. His body was scarred with boot marks. His right hip was dislocated and his left knee was severely injured. He was then dragged over rocks and broken glass to an outhouse, located behind an abandoned shack. Propping Lowrey against the wall, a pistol was put to the back of his head as a bullet was fired into his skull. Both eyes swollen, a

See INSPIRATION Page 5



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MILLER

Continued from Page 1

A quarter of century in California may have something to do with that. While on the coast, Miller ran marathons and half marathons in and around the San Diego area.

He embraced the California diet and lifestyle and spent most of his time outdoors.

It wasn't always that way. Ask him what's brought him to this point and there's twists and turns and one major high.

"Well, God," Miller answered. "I became a Christian at 21 years old."

Miller admits a life of dysfunction before he was saved, following his mother through multiple divorces and hurt feelings.

From a motel room by a church in Del City, Miller started doing odd jobs and began building a solid work ethic.

He started working for a local sporting goods store and quickly worked his way up to general manager.

But he wondered if there was more in store for him than working in a store.

"Just out of the blue I decided to see if I could get a scholarship to Central State University," Miller

said. "I walked in off the street at 24 years old and asked if they had any grant money and they gave me a full ride."

From there an internship at KOCO followed. He was granted a second internship based on his age.

"Basically what I did was every waking hour I wasn't in school I was there learning the business," Miller said. "They started using me as a reporter and photographer."

He co-hosted a show with Karen Carney for a while in the 1980s before heading off to bigger markets.

San Diego would be where Miller would spend the next 25 years and raise his three children.

When he came back from the West Coast he had a rude awakening.

"It was culture shock," Miller said. "Massive."

But one thing that remained the same was the Oklahoma welcome.

"People in San Diego, they care but they don't show it," Miller said about the general reaction to his profession. "Oklahomans are passionate about their news people. You have to run the gauntlet to make it here. When people found out I was an Okie it wasn't as hard

for me."

"I pity people who come in and try to anchor the news from outside the market. Oklahomans are fiercely loyal."

Miller joined News 9 in June 2010.

He readily admits that he's been somewhat of a news nomad.

Previously in his career, Miller anchored at KUSI-TV and KFMB-TV in San Diego as well as in Cleveland, Ohio, Dallas, Texas, Miami Florida, and Minneapolis, Minnesota.

Miller began his broadcast career in Oklahoma City in 1980 working as a disc jockey for KJIL Radio and then served as News Director at KKLK.

When he's not on air, you can find Miller stumping for one of his causes.

Miller has served on the board of directors of several organizations including the San Diego Chapter of the American Liver Foundation; Camp Hope, a summer camp for severely abused children; and Care House, a support group for at risk teens.

Miller received an Emmy Award in San Diego for "Getting Out the Vote." His other honors include the Hero Award from the San Diego

Child Abuse Prevention Foundation, Volunteer of the Year from the San Diego Make-A-Wish Foundation and the San Diego Christian Media Leadership Award.

One of his favorites is Stan's Ride.

What started as a ride in San Diego to benefit a child abuse prevention foundation has followed him back to Oklahoma.

When he returned he asked Griffin Communications owners David and Kirsten Griffin if he could continue his outreach through News9.

"Little did I know that Kirsten was involved with children's charities all over the state," Miller said. "They both went nuts over the deal and have underwritten it for five years. We've raised over \$400,000."

You might also catch the ordained Baptist minister preaching on Sundays through his On Call ministry which provides fill-in services for pastors who are unable to preach for whatever reason.

He says all of it goes to helping keep him young.

That's why "I'm never taking the McDonald's discount," Miller said. "Never."

Wetumka Funeral Home Director Faces Felonies

A Hughes County funeral home director turned himself after an investigation by the Oklahoma Insurance Department's Anti-Fraud Unit. Donald Williamson is accused of embezzling almost \$75,000 from 28 families who set up prepaid funeral trusts.

"We take crimes like this very seriously," said Oklahoma Insurance Commissioner John D. Doak. "People are very vulnerable when it comes to funeral planning. They need to be able to trust their funeral home workers. I commend the investigators of our Anti-Fraud Unit. They will continue to bring justice to Oklahoma consumers."

Williamson owns Williamson-Spradlin Funeral Home in Wetumka. He admitted to investigators he accepted money for prepaid funeral trust accounts and deposited the money into a bank account for his funeral home from November 2011 to December 2014. By law, prepaid funeral trust account money should go into a separate trust account and not be used for any other purpose.

On Friday, officials from the Oklahoma Insurance Department

will be available to meet with anyone who bought a prepaid funeral trust from the Williamson-Spradlin Funeral Home. Residents are asked to bring prepaid funeral trust paperwork to the City of Wetumka Council Board Room at 202 N. Main anytime between 11 a.m. and 2 p.m. Meetings are confidential.

"Our Anti-Fraud Unit worked closely with the Hughes County District Attorney's office on this investigation. They have been very helpful to our case and aggressive in bringing Mr. Williamson to justice," said Rick Wagnon, director of OI's Anti-Fraud Unit. "We have seen cases like this before. In 2011, a Creek County funeral home director was charged with fraud after a similar investigation."

Williamson will face felony counts of embezzlement and violations of the Prepaid Funeral Act.

The Anti-Fraud Unit is a commissioned law enforcement agency that conducts investigations of various white-collar crimes related to insurance fraud. Oklahomans can call to report fraud at 1-800-522-0071.

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OPINION

THE SAVVY SENIOR

Dear Getting,

Every adult - especially seniors - should have at least four essential legal documents to protect them and their family. These documents will make sure your wishes regarding your estate are legal and clear, and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

A Will: This document lets you spell out your wishes of how you'd like your property and assets distributed after you die, whether it's to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out, and allows you to name guardians if you have minor or dependent children.

In addition to a will, if you own real estate or have considerable

Dear Savvy Senior,

What kinds of legal documents are suggested for end-of-life plans? I would like to get my affairs in order before it's too late.

assets, another option you may want to consider is a "revocable living trust." This functions like a will but allows your estate to avoid the time and expense of probate (the public legal process that examines your estate after you die) and helps ensure your estate's privacy.

Durable Power of Attorney: This allows you to designate someone you trust to make financial, tax and legal decisions on your behalf if you lose your decision-making capacity.

Advanced Health Care Directive: This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a "living will" which tells your doctor what kind of care you want to receive if you become incapacitated, and a "health care power of attorney" which names a person you authorize to make medical decisions on your behalf if you become unable to.

Do-It-Yourself

If you have a simple estate and an uncomplicated family situation,

Essential Legal Documents All

there are several good do-it-yourself guides that can help you create all these documents for very little money.

For creating a will, a top resource is the Quicken WillMaker Plus 2015 software (available at nolo.com) that costs \$50, works with Windows personal computers and is valid in every state except Louisiana. If you use a Mac, nolo.com offers an online will maker for \$35.

Or, if you only need to create an advance directive you can do it for free at caringinfo.org (or call 800-658-8898), where you can get state-specific forms with instructions. Or for only \$5, an even better tool is the Five Wishes document (agingwithdignity.org, 888-594-7437), which is valid in 42 states and will help you create a customized advance directive.

Get Help

If, however, you want or need assistance or if you have a complicated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced

lawyer can make sure you cover all your bases - especially when writing a will or living trust - which can help avoid family confusion and squabbles after you're gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$200 and \$1,000 for a will, or \$1,200 to \$5,000 for a living trust.

The American College of Trust and Estate Counsel (actec.org) and the National Academy of Elder Law Attorneys (naela.org) websites are good resources that have directories to help you find someone in your area.

If money is tight, check with your state's bar association (see findlegalhelp.org) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Upon my death, please continue to 'like' me

By Greg Schwem

My immediate family huddled on a couch in the funeral home's parlor room. My wife and I held hands while my daughters stifled urges to check their cell phones. A box of tissues sat on the coffee table. None were needed. Not yet.

A kind looking man emerged from a small office. "Greetings, Mr. and Mrs. Schwem. Girls. I'm Herb Blansky, social media grief coordinator for Blansky & Sons. We specialize in assisting families with the social media accounts of a family member who has passed on. You specifically had questions about Facebook?"

I reached for a tissue. The mere thought of who would handle my eight-year collection of backyard barbecue photos, Kim Kardashian memes and ABSOLUTELY ADORABLE videos of dogs wearing sweaters after jumping into laundry baskets produced a lump in my throat. My wife gripped my hand tighter.

"As you know, Facebook recently added a legacy feature, authorizing someone to take over the account once its owner has passed." Shifting his eyes between my wife and daughters he added, "Someone you

trust. At Blansky & Sons, we can assist you with this process."

"Like, don't you just click one button at the bottom of your page?" my eldest asked. "Why are we here?"

"Because I haven't decided who my legacy contact should be," I said. "Mr. Blansky, do you have a suggestion?"

"Well, it should be somebody familiar with the nuances of posting, responding, wall updates, friend acceptance, group messaging, commenting, 'liking,' and the Facebook mobile app."

"That counts me out," my wife said.

"She never got into Facebook," I informed Blansky.

"Girls, how about you?" Blansky asked, looking at my daughters. "Keep in mind it's a big responsibility."

"We're no longer on Facebook," my youngest said. "We use Instagram."

"Yeah, we wouldn't be caught dead using Facebook," her sister replied. "Wait, that didn't come out right. Sorry, Dad."

"What do we do?" I asked Blansky.

"This is an unusual situation," he replied. "Have you considered a Facebook power of attorney?"

"I'm not mentally incapacitated," I said defensively. "I just want my Facebook account to live on when I'm gone. I enjoy steak every Sunday and I ALWAYS post a photo before I consume it. Is it wrong to have somebody continue posting photos of my favorite meals? In my memory?"

"Yes," my daughters said in unison.

"Not at all," Blansky said.

"And what if I pass before the next presidential election," I said, reaching for another tissue, "who is going to post disparaging comments about GOP candidates?"

"All valid questions," he said. "Obviously, Mr. Schwem, your Facebook account is very important to you. Have you considered having a 'Celebration of Life' for it?"

"Excuse me?"

Sliding a brochure across the table, he said, "This is where Blansky & Sons can help." "You invite people to our funeral home, and they spend time reading all your Facebook posts and looking at all the photos and videos you've uploaded. They can comment and 'like' until they feel a

sense of closure."

"What's that going to cost?" my wife said.

"Right now we're having a prepay special of \$5,475, including four hours of free Wi-Fi and up to a dozen iPads placed around the premises."

"And then?"

"At the ceremony's completion, an iPad of your choosing will be lovingly wrapped and handed to whomever you choose as your legacy contact. And we do sell iPads. Mr. Schwem, a man of your stature looks like you'd be most comfortable with our top of the line 'Steve Jobs original.' Note the cherry trim and the 128GB memory."

"I think we have some decisions to make," I said.

"I understand. Just remember, these prices won't last forever," Blansky said.

We rose to leave as Blansky produced a business card from his pocket.

"Call me any time," he said. "And remember, at Blansky & Sons we're here for your posthumous Twitter, LinkedIn, Tumblr and blogging needs as well."

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INSPIRATION

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broken nose, a broken left jaw, smashed right cheek and a .22 caliber bullet lodged in his head, teeth knocked out and a fractured skull, the three men assumed Lowrey was dead. Hours later, barely able to move, Lowrey began crawling to the abandoned shack 50 feet away, leaving a trail of blood.

It was three days later; a passerby saw movement through a window in the small shack. The police and FBI were called. Left for dead, Lowrey was still alive! Lowrey was taken to Midwest City Memorial Hospital but later moved to Deaconess for safety reasons due to Lowrey being the only witness to the three fugitives.

The following days consisted of multiply surgeries and over 500 stitches in his head. Surgery to remove the bullet was too risky; the bullet still remains. Lowrey is thankful for the many doctors,

nurses and friends that worked with him, encouraging him along the way.

What had Lowrey prayed for? He asked God to give him a testimony. His prayer was answered. Lowrey continues to share his testimony to others through his book, *I Didn't Have a Prayer, but that's What Saved Me* and Lowrey will be releasing another book, *Officially Christian* August 2015. Lowrey is active as a speaker for the Fellowship of Christian Athletes, churches, schools, civic organizations, prayer breakfasts, book clubs, prisons and retirement centers.

Now, a retired electrician, Lowrey is a veteran basketball and football official with the Oklahoma Secondary Schools Athletic Association and a licensed minister. His hobbies include golfing, writing books, poetry and songs. A remarkable man, Lowrey has a miraculous story to share. To order Lowrey's book, call 405-816-8220 or email donlowrey5459@gmail.com

Problem Solving Skills for Families in Nursing and Assisted Living

There are times when family members, who have a loved one in a nursing facility or an assisted living center, are uncertain about how to advocate on behalf of the resident. Advocacy is basically problem-solving. Learning the basics of the problem-solving process and steps to take along the way will benefit both the resident and family member.

Stage 1 is defining the problem. What exactly is the issue, be able to describe the problem with as much detail as possible. Include the five "W's" - who, what, where, when, why in your description. What information do you have from direct observation, discussion with a loved one or a staff member? Keep written notes which are dated to document your personal observations and discussions so you can refer to them as needed. Use objective, factual language to address the concern.

In Stage 2 determine what your goal is. What does the resident want to happen? What is an acceptable resolution? What outcome will benefit the resident? Make sure the goal is realistic and benefits the resident. Identify what action steps you could take to try to solve the problem at this point. Determine if there is a

designated person on staff to handle concerns such as the administrator, the director of nurses or the social services director. Think through the "pros" and cons" in analyzing your approach to address a concern. Once you have taken action and addressed the issue, follow-up with the staff person you spoke to by sending a note summarizing the discussion and include any specific steps the facility said it would take to resolve the issue. Lastly, evaluate the outcome of your efforts. What was the result of your action? Is the problem resolved, partially resolved or not yet resolved? If the problem is only partially resolved or not resolved at all, repeat the above steps to re-address a second time.

If you are still not successful, identify where you could turn for assistance by contacting the local ombudsman or the state survey agency.

If your own attempts are not successful and you would like assistance with advocacy you may contact the Long-Term Care Ombudsman Program at Area-wide Aging Agency (405)942-8500; search our website at www.area-wideaging.org or visit us on Facebook.

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Finding solutions Senior Care Referral Services brings answers

by Jason Chandler
Staff Writer

Rick and Denise Guttenberger help families who are faced with finding senior care options, navigate to find those options.

"It can be confusing and complex at times, so we help them do that at no cost to them," Rick said.

The Guttenbergers are the owners of Senior Care Referral Services, a company based in Edmond and serving the greater metropolitan area of Oklahoma City. Their service area ranges from Edmond to Norman and from Mustang to Midwest City.

"We get to say, 'We can help you,'" Denise said.

Whether seniors need independent living communities, assisted living, memory care or at home care, Senior Care Referral helps seniors find the resources they need.

"For the past couple of years, we have felt called to work with the senior community," Denise said. "I can't really explain it other than it was a calling and we needed to do something and we started looking at different options that might be available."

Rick recalled the common conversations with his peers before they founded the company. Friends would say, "Gosh, I've got to do something with mom. She can't live at home anymore."

He recognized a need for guidance to establish a place to start.

"We really felt there was a need locally for a trusted group that could provide that information for them," Rick said.

They found their niche with Senior Care Referral Services. It is a wonderful way to walk with families, providing them ease of mind by simplifying their search for answers.

"What does it cost? What kind of care am I going to find? Does my insurance pay for it?" are typical questions posed by their clients.

Oftentimes when approached by a prospective client, the

Guttenbergers will hear, "We don't know what to do."

Helping seniors to navigate, making their life easier with a myriad of answers, brings joy to both the Guttenbergers and their clients.

When a client needs home health, then Senior Care Referral Services will provide referral services to companies they recognize as senior-friendly leaders in the field.

"We spent quite a few months visiting almost all the communities in the greater Oklahoma City area," Denise said. "We took the tours. We talked to the marketing people and the director, looked at reviews, so we could feel confident that any place we would take a family is a place we would take our own family."

Primary caregivers can reach a point in their lives when there are more questions than solutions. Their own energy becomes spent in trying to do more than they can handle. Senior Care Referral Services allows the Guttenbergers to find solutions for seniors.

"Sometimes it's just time. Sometimes it's, 'Gosh, I think mom would be safer if we helped mom find a community she could live in and where meals are prepared and the maintenance is done. She doesn't have to get out on the roads to drive.'"

A fall or injury with a loved one may prompt a son or daughter to make a decision to enhance their parent's quality of life for the better.

The first determination made by Senior Care Referral Services is to determine the level of care a client needs, Rick said. It could be independent living, providing meals and a safe environment.

Others may need assistance with daily living activities, he said, such as dressing, eating and medication management.

"The next thing is — do they have a geographical preference?" Rick continued. "Do they want to be in Norman. Do they want to



Rick and Denise Guttenberger own Senior Care Referral Services, a company that matches seniors with the care they need.

be in Midwest City or northwest Oklahoma City?"

One's budget is the third consideration, because prices vary significantly, Rick said. There are average prices for certain levels of

care, so Senior Care Referral Services helps clients to understand what services can fit their budgets.

"The fourth thing is timing,"

See SERVICES Page 9



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LIFESTYLES

At 60, Norman RN still running

by Mike Lee, Staff Writer

Jodi Riddle, RN, has worked at Norman Regional for 19 years and served as a nurse for 22.

But it's something she's done for slightly more than a year that really has the 61-year-old veteran nurse excited.

In November 2013, Riddle turned 60. She picked up running as a post-midlife crisis.

"When you have a major birthday, when you leave your teens and turn 20 or turn 40 I think milestone birthdays are different for different people," she said. "Sixty is a pretty big milestone birthday for most people."

Riddle now has eight races under her belt. Every time she stands at the start line she wonders if this is going to be the race she doesn't finish.

"Starting something and finishing it is a really good feeling especially if it's something outside of your comfort zone," she said. "For me that's something physical like running because it's something I'm not used to doing."

Don't call her a distance runner. Riddle even shies away from being called a runner at all.

It's a distance for me," Riddle said. "Real runners wouldn't call it a distance. I've never run a marathon or anything like that but



photos by Mike Lee

At 60, Jodi Riddle, RN, case manager took up running for the first time and she hasn't stopped since.

I started running 5Ks last year. That's a distance for me."

Nearing 60 was something new for Riddle so she decided to do something she had never done.

Riddle's supervisor, LeAnn

Richardson, RN, had just spent an entire year working herself into shape through Crossfit.

"It made such a difference in her and her life and how she felt,"

See **RUNNING** Page 9

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SERVICES

Continued from Page 6

Rick said. "When someone is coming out of skilled nursing Tuesday, and they need a place Tuesday because they can't go back home — that may limit their options with the availability in different communities."

All of these considerations are fine-tuned into an understanding of choices that are best suited for the individual clients' needs. Services provided by Senior Care Referral Services are free to the clients.

Service providers in the community pay for the cost.

"We can help narrow their option choices pretty quickly," Rick said. "What might take them months to figure out on their own, we can help them figure that out in a 20-minute phone call."

Sometimes, Rick and Denise will work with the seniors themselves, who have become isolated. Churches have asked them to help some of their members.

"We'll go and get them and help them go on tours, and find their new home," Denise said.

RUNNING

Continued from Page 8

Riddle said. "I was approaching this milestone birthday and I had always been a person with my nose in a book. I had never been athletic or done any kind of sports or anything."

"I wanted to be strong and healthy going into this next decade in life."

Riddle started the month of her 60th birthday doing Crossfit. Several people in the department also started on a weight-loss journey.

A few months later a charity walk was embarked on.

"We did the fun walk and like an idiot I ran it and I lived," she giggled. "I thought I could run. This was interesting."

A couple weeks later she was approached by a coworker who told her about an upcoming race in Moore. The race was to be run in dedication of the Oklahoma spirit and what that community had just gone through with the tornado.

"I was at Moore when the tornado took the hospital out," Riddle said. "I thought I was going to do that. I didn't know if I could run the whole way but I knew I would start and hopefully finished."

Not only did Riddle start, she finished and won first-place in her age division.

"Mainly it makes me feel strong," she said. "It's always a good feeling when you accomplish something you're not quite sure whether you can or not."

With runners never being satisfied, the natural progression for Riddle would be longer distances.

She runs in the morning 3-4 miles most days.

"My husband says if you're getting up at 4:30 so you can run before you go to work then you're a runner," Riddle said. "So

I'm trying to keep that mindset. I'm not looking at a half marathon but I'm thinking my next challenge might be a 10K. I'm thinking about it and that's the first step."

During her nursing career, Riddle has worked in the flex pool, which is basically a per diem nurse position that took her all over the hospital.

And Riddle has never been one to shy away from a challenge, volunteering to tackle the hospital's move to electronic medical records.

Knee deep in technology she struggled to understand, Riddle remembers wondering what she had gotten herself in to.

"Unfortunately, during my career I've frequently thought that when I've been changing positions," she said with a laugh. "Getting out of your comfort zone can sometimes be a little frightening."

Physically, Riddle says running has helped her in so many ways.

"I always looked at people doing sports and thought that was a huge amount of effort," Riddle said. "The surprising thing to me was after that first run I wasn't wiped out and could still function. I had scheduled nothing for the rest of the day because I thought I would be in bed."

"I just feel like I have more stamina. I feel like my day starts better when I run in the morning."

When she's not running she's chasing seven grandchildren courtesy of her three daughters and one son.

Riddle is planning on running with one of her daughters in the near future.

There's a plan for her daughter to run the OKC Memorial Marathon and for Riddle to do the 5K. Prior to that Riddle will run the Health Dash 5K in March.

And she has no idea what she plans on taking on at age 70.

Oklahoma Assisted Living Group Works to Improve Lives of Seniors

Oklahoma Assisted Living Association travels to Washington, DC to improve lives of seniors through standards setting, credentialing and meaningful public policy

The Oklahoma Assisted Living Association (OKALA) joined 35 of its state peers this week in Washington, DC in a meeting hosted by the Assisted Living Federation of America to discuss strategic relationships that promote excellence in senior living throughout Oklahoma and the nation.

The group engaged in fruitful dialogue focused on credentialing, standards, and public policy in the senior living industry that enhance levels of care while creating consistent, meaningful regulatory and legislative reform. Oklahoma and its state partners agreed that some of their most pressing issues include addressing the increasing acuity of residents in senior living communities and current life safety codes. OKALA also looks forward to serving in a leadership role within the state to help unite senior advocacy groups on the state level.

"This meeting between ALFA and its state partners really shows the spirit of partnership and collaboration that will lead us all too even greater success," said Oklahoma Assisted Living Association Executive Director, Melissa Holland.

Many seniors and their families turn to assisted living to have the necessary supports they need to continue caring for their loved ones. While providing excellent quality of care, it is quality of life that has made assisted living such a popular option. Seniors who were isolated in their own homes, without friends or purpose of life, thrive after moving into an assisted living community.

A 2013 poll shows that 94%

of assisted living residents say they are satisfied or very satisfied with the overall quality of life in their community. Today, 99% of senior living residents say they feel safe or very safe in their community.

"There was strong recognition among the group that the senior living industry has changed since ALFA was founded 25 years ago," ALFA President and CEO James Balda said. "The senior living industry is successful when we're successful together. This meeting helped us all move the discussion forward so that our new efforts in branding, credentialing and standards can be well integrated with the efforts we've seen by our state partners."

Assisted living is home for our residents and typically 50% less expensive than a skilled nursing facility. Over 80% of senior living residents pay from their own private resources. There are many assisted living options available at various price points including large or small, urban or rural, high-rise or single level.

The Oklahoma Assisted Living Association (OKALA) is dedicated to the preservation of dignity and choice for older Oklahomans and to the quality of their care in the senior living setting. For over 18 years OKALA has been providing educational opportunities including an administrator certification course; representation with state department of health; and legislative advocacy for Assisted Living communities and those who provide services to them. For more information visit www.okala.org or on facebook.

Guide TO Senior Living	Total Units or Beds	City	Phone	Website	Dining Facility	Respite Care	Alzheimer's Care	Nursing	Hospice	Wellness Center	Transportation	Pets Allowed	Barber/Beauty Shop	Gardening Area	Fitness Center	Pool
Arbor House of Mustang	60	Mustang	405-376-2872	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House Reminisce Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700	www.wpmonline.com								*			*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	www.chateauonthegreen.com								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	www.meridiansenior.com	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	www.cstonedev.com									*	*	*	*
The Lakes <i>Skilled and Long term Nursing Care</i>	146	OKC	405-773-8900	www.pheonixhealthcarellc.com	*	*	*	*	*		*		*		*	
Savannah House of Yukon <i>Independent Living</i>	60	Yukon	405-265-0273	www.jrkpropholdings.com								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	www.carlsbadok.com								*		*		
Savannah House of Norman <i>Independent Living</i>	92	Norman West	405-329-2450	www.carlsbadok.com								*				*
Savannah House of Norman II <i>Independent Living</i>	100	Norman East	405-701-8440	www.carlsbadok.com								*	*	*		*
Timberwood Senior Housing <i>Senior Housing</i>	52	OKC	405-619-0079	www.meridiansenior.com	*	*	*				*	*	*			
Wyndam Place <i>Senior Residences</i>		Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
Grace Pointe <i>Cottage Homes</i>	99	Moore	405-703-0999	www.gracepointeliving.com						*		*		*	*	
Willowood at Mustang <i>Assisted Living</i>	79	Mustang	405-376-1200	www.meridianseniorcare.com												
Savannah House of Guthrie <i>Independent Living</i>		Guthrie	405-293-9606	www.jckholdings.com								*				
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3773	woodsonparkapts@att.net	*				*	*	*	*		*		
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-208-7400	www.heritagepointokc.com	*		*	*	*		*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown.

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'Magna Carta: Enduring Legacy' Exhibit Slated for March 23 – April 5

State Capitol event coincides with 800th anniversary of document

In commemoration of the 800th anniversary of one of the most enduring symbols of liberty and the rule of law, the Oklahoma State Capitol will host the "Magna Carta: Enduring Legacy 1215-2015" exhibit from March 23 to April 5.

The event will be free and open to the public. The exhibit will be displayed in the Supreme Court Hallway on the second floor of the State Capitol.

The exhibit tells the story of the Magna Carta, which is widely regarded as one of the most important legal documents in the history of democracy.

"Bringing the incredible story of the Magna Carta to the halls of the people of Oklahoma's government presents a unique opportunity to celebrate the document that makes our form of government possible," Oklahoma Secretary of State Chris Benge said. "We are thrilled to host this exhibit so Oklahomans can learn about and appreciate the foundations of democracy as we know it today."

The Magna Carta stands at the heart of English and American law and has influenced the legal systems of many other democratic nations.

King John of England was forced to sign the Magna Carta in 1215. The document greatly reduced the power wielded by the King

of England and allowed for the creation of a powerful Parliament. It thus became the basis for English citizens' rights.

The Magna Carta is therefore considered to be the founding document of English liberties and hence of American liberties. Because of the Magna Carta, the divine right of kings was superseded by government of and by the people and legal principles such as habeas corpus.

"There's a direct link between the Magna Carta and our state government," Benge said.

The Library of Congress and the American Bar Association developed the traveling educational exhibit to raise awareness about the Magna Carta's enduring legacy. The traveling exhibit, displayed on freestanding banners with images of priceless Magna Carta-related items, complements the Magna Carta: Muse and Mentor exhibition previously on display at the Library of Congress.

The traveling exhibit is brought at no cost to the state through partnerships with the Library of Congress, American Bar Association and the Federalist Society. The state's hosts are the Oklahoma Legislature, Secretary of State Chris Benge, the Oklahoma Arts Council, and the state Office of Management and Enterprise Services.



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March & April AARP Drivers Safety Classes Offered

Date/ Day/ Location/ Time/ Registration # Instructor

Mar 20/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/ **Palinsky**, Woodson Park Senior Center - 3401 S. May Ave

Mar 21/ Saturday/ Moore/ 9 am - 3:30 PM/ 799-3130/ **Palinsky**, Brand Senior Center - 501 E. Main

Apr 1/ Wednesday/ Warr Acres/ 9 am - 3:30 pm/ 789-9892/ **Palinsky**, Warr Acres Community Center - 4301 N. Ann Arbor

Apr 2/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ **Edwards**, Interis 3rd Age Center - 5100 N. Brookline

Apr 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Edwards**, S.W. Medical Center - 4200 S. Douglas, Suite B-10

Apr 11/ Saturday/ Okla. City/ 9 am - 3:30 pm/ 682-7859/ **Palinsky**, Okla. City Community College - 6500 S. Land

Apr 11/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2912/ **Brase**, Gordon Cooper Tech. Center - Sky Lab 1 Room - 1 John C. Burton Blvd.

Apr 14/ Tuesday/ Norman/ 9 am - 3:30 pm/ 360-5300/ **Palinsky**, 1st Baptist Church Family Life Center - 300 W. Commanche

Apr 25/ Saturday/ Chandler/ 9 am - 3:30 pm/ 258-5002/ **Brase**, Thompson Insurance - 121 W. 10th St.

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to: johnpalinsky@sbcglobal.net

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HEALTH

Senior hunger still a problem

by Mike Lee,
Staff Writer

Statistically, one in six Oklahoma seniors is hungry in our state.

It's a tragedy that can be avoided, according to Angie Doss, director of marketing and communications for the Regional Food Bank of Oklahoma,

"It's a huge problem," Doss says of hunger in Oklahoma. "A lot of seniors are on a very tight and limited income. They may receive \$600 per month. By the time you take out housing, utilities and transportation there's not a lot left for food or medicine.

"A lot of our senior clients have faced the choice whether to pay for medicine or food."

Oklahoma continues to rank among the top 10 states in the nation for food insecurity among seniors.

This spring, Oklahomans can double the impact of their gifts to help feed even more seniors struggling with hunger.

Through April 30, the Charles and Cassandra Bowen Charitable Foundation and the Anderson Charitable Foundation have teamed up to match donations to the Regional Food Bank of Oklahoma to fight senior hunger - up to \$130,000.

Donations will help provide food for seniors in central and western Oklahoma.

"After a lifetime of work, many seniors are living on fixed incomes and may not have enough money to purchase food at the end of the month," said Rodney Bivens, executive director of the Regional Food Bank. "About 700,000 seniors, age 60-plus, live in Oklahoma and one in six face hunger every day."

In a recent study by Feeding America, 27 percent of seniors in the Regional Food Bank's service

area have had to choose between buying food and buying medicine. Limited mobility and dependence on outside assistance makes seniors particularly vulnerable to hunger. In Oklahoma, seniors are 25 percent more likely to have inconsistent access to food than the national average.

Seniors facing hunger are also forced to choose between buying food and paying for utilities. Additionally, they are more likely to have lower intakes of food and major vitamins; be in poor to fair health; have limitations in activities of daily living and have increased risk of stroke.

"At the end of the month, most seniors are out of money and depend on the Regional Food Bank," shared one senior client. "If they did not come, many seniors would be without food at the end of the month and it would affect them all. We're just so awfully grateful for what we get."

The Regional Food Bank serves seniors through food pantries, emergency shelters, soup kitchens, and senior nutrition programs. Additionally, the nonprofit's Senior Feeding program fights senior hunger through Senior Mobile Pantries, Senior Home Delivery, and Senior Mobile Markets.

Through the Senior Mobile Pantry program, the Regional Food Bank provides food each month to seniors living in nine Oklahoma City Housing Authority sites and one Norman Housing Authority site. Approximately 850 senior residents receive a sack of nonperishable food items along with produce, refrigerated items, meat, and bread.

The mobile pantry is set up as a "client choice" program, where seniors choose which items they need.

The Senior Home Delivery Program is at 32 sites in the



photo by Mike Lee

Seniors in Oklahoma can find help for hunger through the Regional Food Bank of Oklahoma.

Regional Food Bank's 53-county service area. Seniors who, receive home delivery sacks, receive a nutritional supplement at the end of the month. These sites serve an average of 1,000 seniors a month.

The Senior Mobile Markets provide a monthly distribution of food that is set up farmer's market style, where participants select the food they want. A typical mobile market provides a bag of non-perishable foods like fruits and vegetables, cereal, shelf stable milk, and other easy to prepare foods. Items also include protein, fresh produce and bread.

The program currently has 18 locations in the Oklahoma City metro and serves over 1,100 seniors a month.

"Sadly, many older Oklahomans have outlived their families, outlived their income or have simply been forgotten," said Charlie Bowen with the Charles and Cassandra Bowen Charitable

Foundation. "That is why this match is so important."

Traditionally, the Regional Food Bank provides five meals for every dollar donated; however, thanks to this generous match, a dollar donation will provide the equivalent of 10 meals to seniors facing hunger.

The Regional Food Bank of Oklahoma is the state's largest private hunger relief organization. The nonprofit provides enough food to feed more than 110,000 hungry Oklahomans each week through a network of nearly 1,200 schools and charitable feeding programs in 53 central and western Oklahoma counties. Since its inception in 1980, the Regional Food Bank has distributed more than 538 million pounds of food to feed Oklahoma's hungry.

For more information you can contact the Regional Food Bank at 405-600-3136 or online at www.www.regionalfoodbank.org.

Are you reading this?

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Local Artist Creates Special Crucifixes for St. Anthony Healthplex

Don Narcomey, local artist, is currently working on the fourth installment of crucifixes he makes for the St. Anthony Healthplex facilities.

Each facility has 12 emergency rooms, with each one containing a custom built niche to house and light his beautiful crucifixes.

Narcomey is a talented artist using a variety of woods and other materials for his works and uses special care when searching for the



right pieces. "For the Christ figure, I go out into the woods or rummage through torn out shrubbery and search for branches that have a "pose" that suggests a Christ figure." Finding the perfect material for his work is just the start, as he later returns to his studio to cut, grind, and carve these figures to take on a life of their own.

Narcomey's newest creations will be displayed at the new St. Anthony Healthplex North location located on North Western Avenue. St. Anthony Healthplex North officially opened its doors the last week of February.

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OCU Hosts Exercise Pioneer Dr. Kenneth H. Cooper

Oklahoma City University will host preventive medicine pioneer Dr. Kenneth H. Cooper for a presentation, open to the public, at 3 p.m. March 26 in the Kerr McGee Auditorium in Meinders School of Business. Following his presentation, the university will bestow Cooper with an honorary Doctor of Science degree.

Cooper, the founder and chairman of Cooper Aerobics in Dallas and an Oklahoma native, is credited with starting the international fitness movement following the release of his best-selling book, "Aerobics," in 1968. This year marks the 45th anniversary of Cooper Aerobics inspiring millions of people to live healthier, longer lives.

He has lectured in more than 50 countries and is most famous in Brazil, having trained the 1970 Brazilian soccer team to a World Cup victory. As a result, jogging is translated as "coopering" in Portuguese.

Cooper's efforts have also impacted the American diet. His collaboration with PepsiCo to eliminate trans fats from its Frito-Lay snack line encouraged other companies to follow suit.

Cooper was born in Oklahoma City in 1931. During his 13 years of service in the U.S. Army and Air Force, he served as a flight surgeon and director of the Aerospace Medical Laboratory. He developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System still used today by branches of the military, schools and organizations worldwide.

In 1970 Cooper resigned from the military and founded Cooper Aerobics Center in Dallas with the mission to



Dr. Kenneth H. Cooper

explore the relationship between cardiovascular fitness and health and longevity. With the popularity of his book "Aerobics," which has been translated into 41 languages and Braille, he also coined the term "aerobics" and submitted the official definition to the Oxford English Dictionary. He has authored 18 additional books, which combined have sold more than 30 million copies.

Cooper's mission is for people of all ages to Get Cooperized™. As a leading pioneer of preventive medicine, he is challenging the world to follow his "8 Healthy Steps" to live better: maintain a healthy weight; eat healthy most of the time; exercise most days of the week; take the right supplements for you; stop smoking; control alcohol; manage stress; and get a regular, comprehensive physical exam. Founder and Chairman of Cooper Aerobics, Dr. Kenneth Cooper continues to lead the organization alongside his son, Dr. Tyler Cooper, president and CEO.

TRAVEL/ ENTERTAINMENT

Grapevine Texas: Festivals All Year Long

Photography and Text by Terry "Travels with Terry" Zinn t4z@aol.com

In late fall of last year, I had a delightful and fun filled December weekend in Grapevine, Texas, during their Christmas Celebration. You know Grapevine is the Christmas Capitol of Texas, and everything seems to be bigger in Texas? Between sips of wine, main street shopping and a couple of theatrical presentations, I discovered that Grapevine is filled with festivals and celebrations through the year. Now is a good time to schedule your favorite Grapevine event. With the listings below you can see how Grapevine is officially recognized as a World Festival & Events City by the International Festival & Events Association. Grapevine welcomed more than one and a half million visitors to the city's festivals and special events in 2014.

Some of Grapevine offerings are:

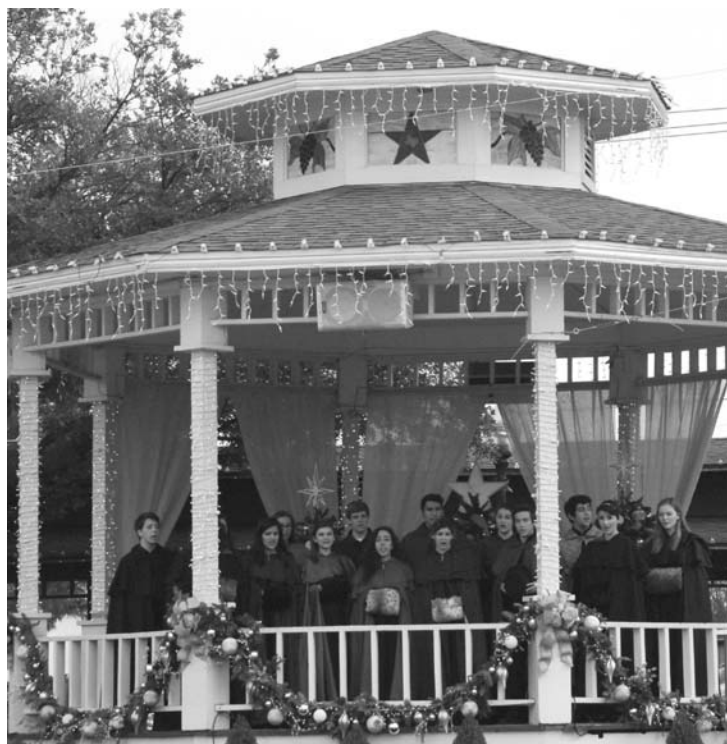
- 12th Annual Day Out with Thomas, April 10, 11, 12, 17, 18 and 19: Take a journey with Thomas the Tank Engine at the 12th Annual Day Out With Thomas on the Grapevine Vintage Railroad. The train ride is approximately 25 minutes. www.GrapevineTexasUSA.com/Thomas.

- 11th Annual ChocolateFest, April 24 and 25: Sweeten up your weekend at the 11th

Annual ChocolateFest, benefiting Travelers Aid D/FW. On Friday, April 24, delicious delights await at An Evening of Chocolate and Wine at the all new location of Austin Ranch, 2009 Anderson Gibson Rd. (located near Grapevine Mills), 7 p.m. Guests must be 21 and above. On Saturday, April 25, sample an array of chocolate treats paired with beautiful works of art at A Day of Chocolate & Art at Austin Ranch from 10:30 a.m. - 3:30 p.m. www.ChocolateFestGrapevine.org.

- Grapevine Farmers Market and Grapevine Market, April 9 - October 17: Experience shopping at the festive open-air European-style Grapevine Market for an eclectic array of items including handmade jewelry, distinctive home décor, quality antiques and locally-grown produce and other products at The Grapevine Farmers Market. Located behind the Town Square Gazebo, Thursdays, Fridays and Saturdays, 8 a.m. - 4 p.m. www.FarmersMarketofGrapevine.com or www.GrapevineTexasUSA.com.

- 23rd Annual Blessing of the Vines and New Vintage Wine & Gallery Trail, April 11: For centuries, Old World grape growers marked the beginning of the growing season with the ceremonial Blessing of the Vines and this tradition continues in



Grapevine. After the Blessing of the Vines, enjoy the New Vintage Wine & Gallery Trail, featuring tastings at each participating winery, food samplings and beautiful works of art at all of Grapevine's art galleries. www.GrapevineTexasUSA.com/NewVintage.

- 14th Annual Spring Into Nash, April 18: Celebrate life on the farm like Grapevine's earliest settlers. Held at Grapevine's historic Nash Farm, the event features heritage toys, kitchen gardening, cotton planting, authentic heritage animal breeds, tractor-drawn wagon rides, field cultivation, wood carving demonstrations, jump rope making, cooking demonstrations on a wood burning stove and blacksmith demonstrations. 10 a.m. - 2 p.m. www.NashFarm.org.

- 31st Annual Main Street Fest, May 15, 16 and 17: Tap into three full days of festival fun at Grapevine's Main Street Fest - A Craft Brew Experience. Events include craft brew tastings, pre-festival craft brew and dining experiences, live entertainment, KidCave, Carnival and Midway, Texas Wine Terrace, artisans and vendors, festival food and much more. www.GrapevineTexasUSA.com/MainStreetFest.

- 7th Annual SummerBlast, May 22 - September 4: Blast off with family-friendly summer fun in Grapevine, the perfect destination for all ages. Some of the exciting activities include Summer Bash at Gaylord Texan Resort, Friday Night Fireworks Over Lake Grapevine, perfect poolside relaxation, shopping, wineries, dining and much more. Fireworks happen every Friday night at 9:30 p.m. over Lake Grapevine. And don't miss the special 33rd Annual Fireworks Show on July 4th. www.GrapevineTexasUSA.com/Summer.

- 29th Annual GrapeFest®, September 17, 18, 19 and 20: GrapeFest, the largest wine festival in the Southwest United States, celebrates the best of Texas wines, West Coast varietals and International offerings. This four-day family-friendly festival also features events such as the People's Choice Wine Tasting Classic, GrapeStomp, the Texas Wine Tribute, pre-event wine and food pairing dinners, the Champagne Terrace, KidsWorld, GrapeFest Golf Classic, GrapeFest Tennis Classic, ItalianCarFest, five stages of live entertainment and much more!



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SENIOR TALK

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What's your favorite thing about spring? Featherstone Plaza Retirement and Assisted Living

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Betty Young

I guess the best part is the beginning when we've been sitting in winter so long and we're tired of it. It just makes you feel good.



Hassie Milner

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To me it's the
Talimena Scenic Drive
and seeing all the trees
in bloom.



Bill Brown

I just love things
growing whether it's
flowers or whatever.



James Smith

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CROSSWORD CORNER

Across

1 Nature photographer's lens

6 ___ facie

11 Dells, at times

14 Steer clear of

15 Charged

16 Impressed reaction

17 Wright

20 "Far out!"

21 Begins

22 Soothing application

23 Dupes

26 One getting a share

27 Rite

33 North Carolina's ___

Banks

34 "America" soloist in

"West Side Story"

35 Hardy heroine

36 They may be dusted

37 Indication of freshness?

41 Weasel relative

42 Feudal lord

43 Right

47 Theater sweepings

48 Drops from the staff

49 Like most pets

50 Showy neckwear

54 Actress Carrere

57 Write

61 End of a texter's

amusing comment, perhaps

62 Paramount output

63 Mazda two-seater

64 Cornerstone abbr.

65 Comets, long ago

66 With 12-Down, exile site

Down

1 Bryn ___ College

2 Reebok rival

3 Ham at a party, say

4 Tease

5 Norfolk, Va., campus

6 Phone in a play, e.g.

7 Uncommon

8 Privy to

9 Rover's turf

10 Four-wheeler, briefly

11 Common allergen

12 See 66-Across

13 Sleep on it

18 ___ Hashanah

19 "Othello" villain

24 Metal bearers

25 Big name in ATMs

26 Doc bloc

27 Sleep on it

28 Peach or plum

29 ___-loading

30 Name on a historic

bomber

31 Closer to being

harvested

32 Little green men

36 "Cash ___": TV game

show

37 Set of Web pages

38 Under

39 Scotch bottle datum

40 Soup veggie

41 Many AARP members:

Abbr.

42 Loose

43 John of "Necessary

Roughness"

44 Turbulence

45 52-Down victim

46 Computer input

47 Stone marker

50 Bit that can be split

51 Cantabria-born golfer,

familiarily

52 Slayer of 45-Down

53 Till fill

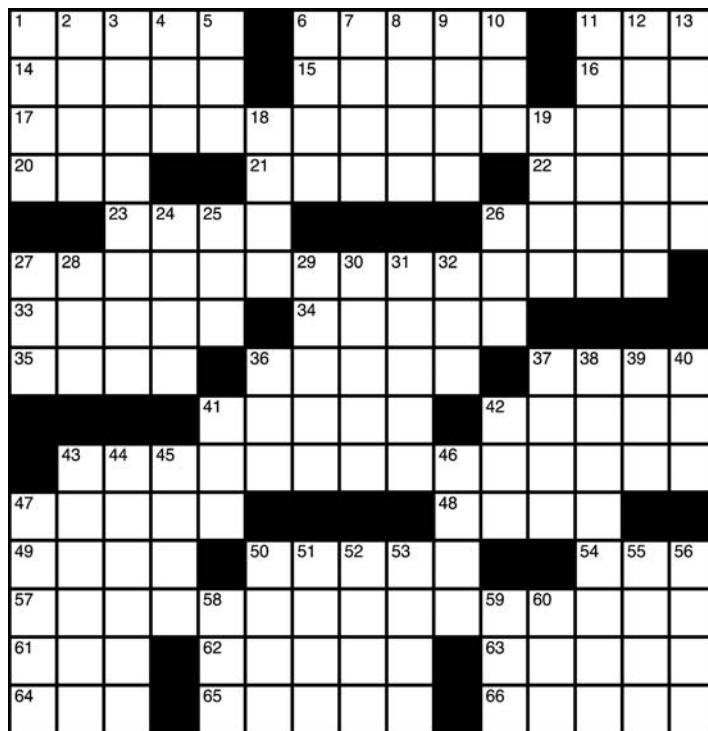
55 Kappa preceder

56 Shrinking sea

58 Latin trio word

59 Worker at home

60 Haberdashery item



Answers on page 21

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Nurses give extra TLC to the babies in the NICU at Deaconess

by Vickie Jenkins

The Birth Center at Deaconess hospital features eighteen elegantly appointed single-room maternity suites that allow mothers to share the birth experience with family in a beautiful, home-like atmosphere by staying in the same room for labor, delivery, recovery and postpartum care. Nine-bed level-II NICU provides excellent care for babies who need additional medical attention. The NICU is staffed by registered nurses and board-certified neonatologists. One-on-one nurse to patient ratio throughout the entire labor and delivery process.

Deaconess Hospital in Oklahoma City is known for their outstanding doctors and nurses. Picture: From L-R: Tanya Bogan, RN, Yvonne Silberman RNC-OB, Jonna Criscuoli, RN and Supervisor Trisha Brown, RNC-OB show the Sleep Sack Swaddle that each newborn receives at Deaconess. The Sleep Sack is a Safe Sleep Initiative that was introduced February 14, 2014.

Here are some Safe Sleep Swaddle Tips to ensure a safe sleep for your baby. Always place baby to sleep on his or her back at naptime and night time. Use a crib that meets current safety standards with a firm mattress that fits snugly and is covered with only a tight-fitting crib sheet. Remove all blankets, comforters and toys from your baby's sleep area (this includes loose blankets, bumpers, pillows and positioners). The American Academy of Pediatrics suggests using a wearable blanket instead of loose blankets to keep your baby warm. Offer a pacifier when putting baby to sleep. If breastfeeding, introduce pacifier after one month or

after breastfeeding has been established. Breastfeed, if possible, but when finished, put your baby back to sleep in his or her separate safe sleep area alongside your bed. Room share, but don't bed share. Bed sharing can put a child at risk of suffocation. Never put your baby to sleep on any soft surface (adult beds, sofas, chairs, water beds, quilts, sheep skins etc.) Never dress your baby too warmly for sleep. Never allow anyone to smoke around your baby.

Deaconess Hospital is proud of their new Hugs and Kisses Security System as of January 2015. The Hugs system offers the reliability that you and your



photo by Vickie Jenkins

Nurses in the NICU show the Sleep Sack Swaddle that is given to each baby born in the nursery at Deaconess Hospital.

staff can depend on every day to keep your infants safe. The Hugs tag attaches in seconds and is automatically enrolled in the software.

Protection can start right in the delivery room. The Hugs system requires no manual checks of infant tags or other devices to make sure they're

working. The Hugs system software continually monitors the status of all devices, and will generate an alarm if something goes wrong. There is an automatic mother/infant matching. With the Kisses® option, the Hugs system

See NICU Page 20

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NICU

Continued from Page 19

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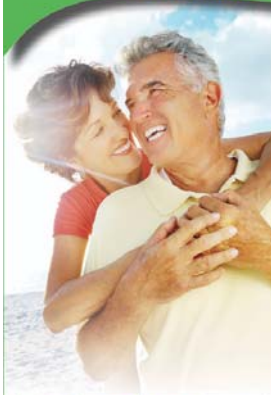
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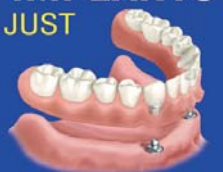
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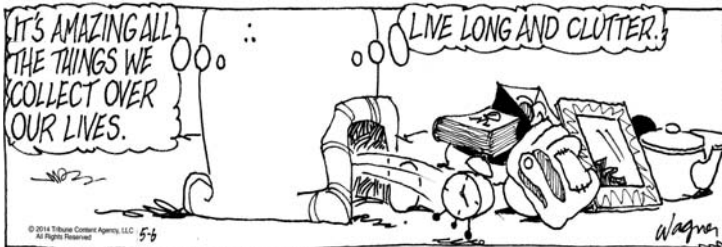
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TIFFY



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Answer: " "



(Answers Next Month)

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**YMCA Receives \$10,000 Services for Elderly iFund Grant**

The Y is pleased to announce it has received a \$10,000 grant from the Oklahoma City Community Foundation and its Services for Elderly iFund grant program. The grant will be used to assist in funding the Y's Lincoln Park Senior Center Independent Living Program's Wellness Initiative which will allow the Y to increase its level of service to the population that it serves.

Many Oklahoma City seniors spend their days at the Lincoln Park Senior Center, where they come together to enjoy a meal, learn computer basics, attend a group exercise class, play games, and talk. Funding from the Oklahoma City Community Foundation's iFund Service for the Elderly grant will bring OK 5210 into the Lincoln Park Senior Center. OK 5210 stands for 5 fruits and vegetables a day; 2 hours or less of screen time; 1 hour of physical activity; 0 sugary beverages.

"Exercise, peer support, nutrition education and access to fresh and vegetables is vital for health at any age," said Angela Jones, Health and Wellness Director for the Y. "Funding will provide seniors with a variety of fresh fruits and vegetables to snack on or take home daily and the opportunity to grow their own garden just outside of the Center. As part of the OK 5210 initiative, nutritionists and YMCA staff members will provide ongoing OK 5210 wellness education and activities for seniors at the Center this year."

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the Oklahoma City Metro, 12 Ys engage 160,000 men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities across the country, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

Founded in 1969, the Oklahoma City Community Foundation works with donors and organizations to create endowments that address needs and opportunities within the community. The Services for Elderly iFund grant program represents a compilation of contributions from donors who want to support grants to help keep senior citizens safe and living independently in their own homes. For more information on the iFund grant program, please visit www.ifundokc.org. For more information on the Oklahoma City Community Foundation, please visit www.occf.org.

For more information about the Y's LINCOLN PARK SENIOR CENTER or the OK 5210 initiative, contact Angela Jones at AJones@ymcaokc.org or at 405 297 7737.

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Proposal by McAlester Legislator Would Authorize Multi-Year Registration of Motor Vehicles

An east-central Oklahoma legislator has filed a measure that would allow Oklahoma car, truck, van and motorcycle owners to renew their motor vehicle registration for more than just one year.

House Bill 1091 by Rep. Donnie Condit, D-McAlester, was endorsed Thursday by the House Appropriations and Budget Committee, and earlier by its Revenue and Taxation Subcommittee. The bill has been placed on the legislative calendar for consideration by the full House sometime within the next two weeks.

HB 1091 provides that "at the owner's discretion" he/she could renew a non-commercial motor vehicle's registration annually, or for two years or three. The fees for multi-year registration "shall be equivalent to the total of fees that would otherwise be assessed if the owner had elected to renew the

registration on an annual basis," the bill stipulates.

"I think there are some Oklahomans who, as a matter of convenience, would prefer to register their vehicles once every two or three years instead of every 12 months," Condit explained.

While the option of multiple-year registrations might shift an indeterminate amount of revenue to another fiscal year, no change in total registration fees would occur, House staff concluded.

Almost 4,070,000 vehicles and trailers were registered with the Oklahoma Tax Commission in Fiscal Year 2014, generating \$622.8 million, ledgers show. The vehicles included 2.96 million cars and pickups, nearly 151,000 farm trucks, more than 129,000 motorcycles, more than 16,000 motor homes, plus 72,500 travel trailers.

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